

Health and Wellness 101: Resources, Programs, and More

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Slides & Resources: nnlm.gov/Z7s

Drop your name, library name, and zip code into the chat!



National Library of Medicine
Network of the National Library of Medicine



- Introduction to NNLM
- Health and Disaster Information Resources
- Health Information Resources & Programming
- Q & A

COVID-19

- COVID-19 is an emerging, rapidly evolving situation.
- Get the latest public health information from CDC:
[coronavirus.gov](https://www.cdc.gov/coronavirus)
- Get the latest research information from NIH:
[nih.gov/coronavirus](https://www.nih.gov/coronavirus)

National Institutes of Health

Nation's research agency
27 institutes and offices

NIH

National Library of Medicine

World's largest biomedical library

NLM

Network of the National Library of Medicine

Program of the NLM comprised of
8 Regional Libraries (RMLs) and 5
offices

NNLM

MAR

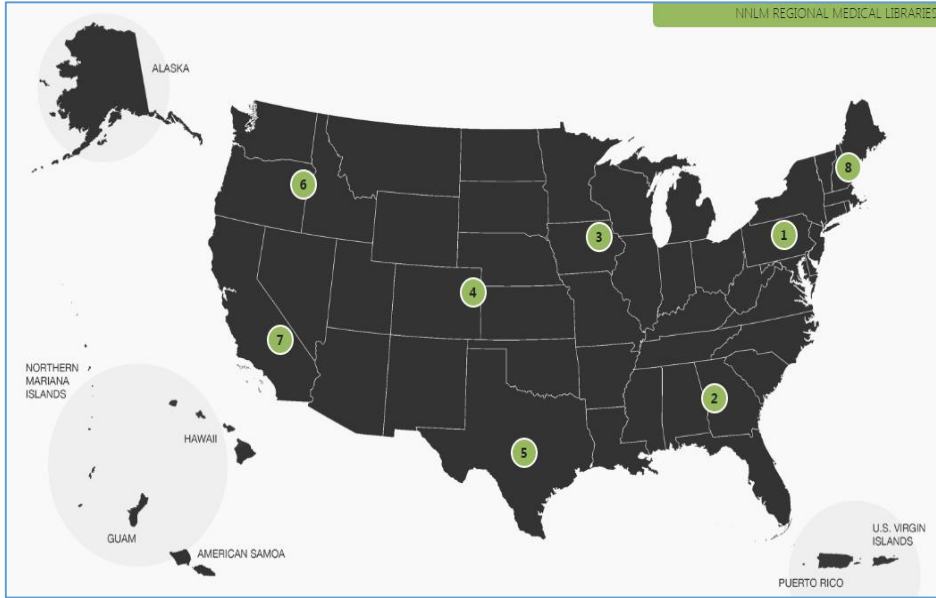
Middle Atlantic Region (NNLM MAR)

Serves Pennsylvania, New York,
New Jersey, and Delaware



National Library of Medicine
Network of the National Library of Medicine

Network of the National Library of Medicine (NNLM)



The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information
- Improving the public's access to information to enable them to make informed decisions about their health

professional development

Discover NNLM Training Opportunities



By Category

Search or browse classes by broad categories.



By Availability

See all upcoming scheduled, on demand and regional classes.



By Continuing Education Credit

Search for classes accredited for specializations (CHES, CHIS, DIS).



Browse Course Catalog

A complete catalog of scheduled and unscheduled classes from NNLM.

IN THIS SECTION

[Training Opportunities](#)

[Class Catalog](#)

[Calendar](#)

[Obtain a Specialization](#)

[Past Classes](#)



**The future
of health
begins
with you**



All*of***Us**
RESEARCH PROGRAM



Health Programming in Public Libraries Award

- Funding Opportunity
- CBOs & Public Libraries
- Virtual Health Programming
- Includes raising awareness of the *All of Us* Research Program and MedlinePlus
- Minds Matter: Mental Health Awareness Workshops (Black Girl Health @ Dauphin County Libraries, Spring 2020)



Disaster and Emergency Preparedness

First off...

- How are you doing?
- What are you doing to manage stress?



Emotional Care During and After a Disaster

The Disaster Distress Helpline, **1-800-985-5990**, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. **Call 1-800-985-5990 or text TalkWithUs to 66746** to connect with a trained crisis counselor.

Flyer at <https://store.samhsa.gov/>

Feeling stressed or anxious about the COVID-19 pandemic?

Use these tips to reduce your stress and anxiety:

- NEWS DRIVES** Limit or avoid news coverage if it causes you more stress and anxiety.
- Focus on positive things** in your life that you can control.
- Keep stress under control** by exercising, eating healthy, reading, or by trying relaxation techniques such as yoga.
- Talk about your experiences and feelings** to loved ones and friends, if you find it helpful.
- Connect with others** who may be experiencing stress about the pandemic.
- Take time to renew your spirit** through meditation, prayer, or helping others in need.

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or fear—like you want to panic, tremble or someone else, call 911 or the National Suicide Prevention Hotline at 1-800-273-TALK (1-800-273-8255).

ADDITIONAL RESOURCES:
The Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline (DDH), provides counseling and support before, during, and after disasters. Contact the DDH at 1-800-488-6888 or text **TalkWithUs to 66746**.
(SAMHSA's National Helpline: 1-800-662-HELP (1-800-662-4367))

SAMHSA
Substance Abuse and Mental Health Services Administration

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.
1-877-SAM-5627 (1-877-729-4772) • 1-800-487-4889 (TTY) • <https://www.samhsa.gov>
HHS-01-04-000

Kinds of disasters

- What kinds of disasters have you experienced or might experience?



Disaster Health Information for Families, Caregivers and Community Organizations

Key Players:

- [CDC](#) Centers for Disease Control and Prevention
- [FEMA](#) Federal Emergency Management Agency
- [Ready.gov](#)
- [MedlinePlus](#)

CDC: Social Media Resources

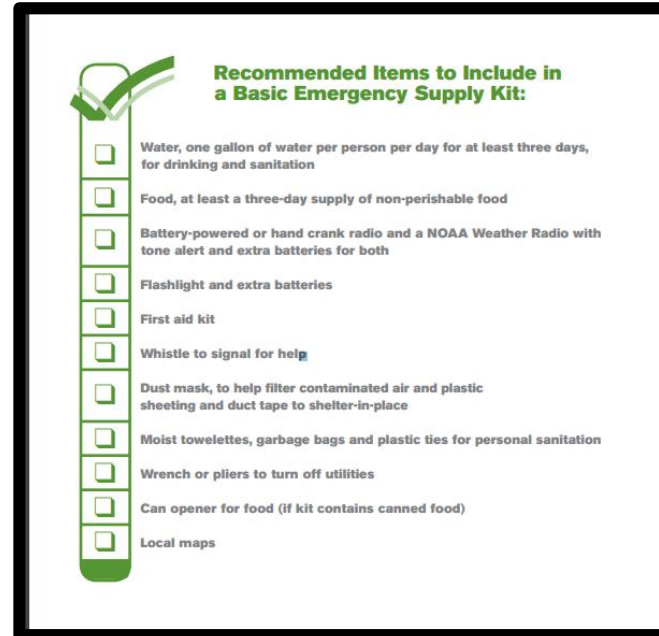
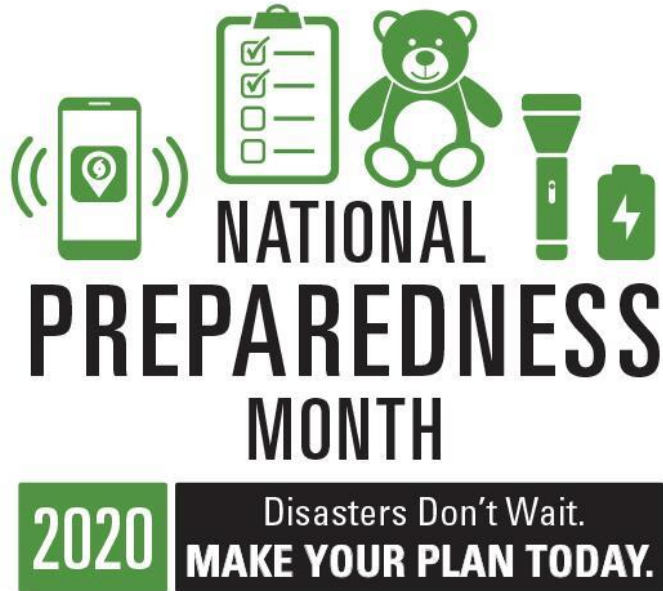
#TakeAction by wearing a mask in public settings. When you wear a mask, you help protect those around you. When others wear one, they help protect those around them, including you. More: #PrepYourHealth #NatlPrep

Source:

<https://www.cdc.gov/cpr/socialmedia>



Ready.gov



Health Information Resources

Where do you search for health information?

U.S. National Library of Medicine

MedlinePlus®
Trusted Health Information for You

Search MedlinePlus

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Customer Support](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

Health Topics
Find information on health, wellness, disorders and conditions

Drugs & Supplements
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

Videos & Tools
Discover tutorials, health and surgery videos, games, and quizzes

Lab Test Information
Learn why your doctor orders laboratory tests and what the results may mean

Medical Encyclopedia
Articles and images for diseases, symptoms, tests, treatments

Share MedlinePlus

Need information on medications or supplements?
Find them on our **Drugs and Supplements** page.

1 2 3 4 II

Tweets by @MedlinePlus

MedlinePlus.gov @medlineplus
RT @foodsafetygov: Enjoying #apples this fall? Be sure to wash fruits and veggies under running water before eating, cutting, or cooking! #NationalAppleDay go.usa.gov/xPXG9

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NIH MedlinePlus Magazine
Read the latest issue

Clinical Trials
Search ClinicalTrials.gov for drug and treatment studies.

☒ Easy-to-Read Materials ☐ Organizations and Directories ☐ Health Information in Multiple Languages ☐ MedlinePlus Connect for EHRs

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Links to reliable, authoritative health websites

Health Topics on children/teens

Easy-to-read articles

Lab test information

Medical encyclopedia

Links to local services

Information in > 45 languages

No advertisements or endorsements

Mental Health Information on MedlinePlus.gov

Start with the health
topics

For basic
information, you can
use the medical
encyclopedia

Find providers and
hospitals/facilities in
the directories

Find support groups
in organizations
section

Learn more about
drug information

Learn about
supplements and
interactions

Medline Plus: Health Topic

NIH U.S. National Library of Medicine



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[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#)

[Español](#)

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Mental Health

On this page

Basics

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- [Start Here](#)
- [Diagnosis and Tests](#)
- [Treatments and Therapies](#)

Learn More

- [Related Issues](#)
- [Specifics](#)

See, Play and Learn

- No links available

Research

- [Statistics and Research](#)
- [Clinical Trials](#)
- [Journal Articles](#)

Resources

- [Find an Expert](#)

For You

- [Children](#)
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- [Patient Handouts](#)



Summary

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from [childhood](#) and [adolescence](#) through adulthood.

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GO

Start Here

- [Live Your Life Well](#) (Mental Health America)
- [Mental Health: Keeping Your Emotional Health](#) (American Academy of Family Physicians)
Also in Spanish
- [Mind/Body Connection: How Your Emotions Affect Your Health](#) (American Academy of Family Physicians)
Also in Spanish
- [Positive Emotions and Your Health: Developing a Brighter Outlook](#) (National Institutes of Health)
Also in Spanish
- [What Is Mental Health?](#) (Department of Health and Human Services)

Diagnosis and Tests

- [Mental Health Screening](#) (National Library of Medicine)
Also in Spanish
- [Mental Health: What's Normal, What's Not?](#) (Mayo Foundation for Medical Education and Research)
Also in Spanish

Treatments and Therapies

- [Meditation](#) (National Center for Complementary and Integrative Health)
- [Relaxation Techniques for Health](#) (National Center for Complementary and Integrative Health)
- [Taking Control of Your Mental Health: Tips for Talking With Your Health Care Provider](#) (National Institute of Mental Health)
- [Yoga: What You Need to Know](#) (National Center for Complementary and Integrative Health)

Related Issues

- [Building Social Bonds: Connections That Promote Well-Being](#) (National Institutes of Health)
Also in Spanish
- [For a Healthy Mind and Body Talk to a Psychologist](#) (American Psychological Association)
Also in Spanish

MedlinePlus Health Topics Page

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

Home → Health Topics

Health Topics

Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

[Find topics A-Z](#)

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [List of All Topics](#)

Body Location/Systems

- [Blood, Heart and Circulation](#)
- [Bones, Joints and Muscles](#)
- [Brain and Nerves](#)
- [Digestive System](#)
- [Ear, Nose and Throat](#)
- [Endocrine System](#)
- [Eyes and Vision](#)
- [Immune System](#)
- [Kidneys and Urinary System](#)
- [Lungs and Breathing](#)
- [Mouth and Teeth](#)
- [Skin, Hair and Nails](#)
- [Female Reproductive System](#)
- [Male Reproductive System](#)

Disorders and Conditions

- [Cancers](#)
- [Diabetes Mellitus](#)
- [Genetics/Birth Defects](#)
- [Infections](#)
- [Injuries and Wounds](#)
- [Mental Health and Behavior](#)
- [Metabolic Problems](#)
- [Poisoning, Toxicology, Environmental Health](#)
- [Pregnancy and Reproduction](#)
- [Substance Abuse Problems](#)

Diagnosis and Therapy


- [Complementary and Alternative Therapies](#)
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- [Surgery and Rehabilitation](#)
- [Symptoms](#)
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Demographic Groups

- [Children and Teenagers](#)
- [Men](#)
- [Older Adults](#)
- [Population Groups](#)
- [Women](#)

Health and Wellness

- [Disasters](#)
- [Fitness and Exercise](#)
- [Food and Nutrition](#)
- [Health System](#)
- [Personal Health Issues](#)
- [Safety Issues](#)
- [Sexual Health Issues](#)
- [Social/Family Issues](#)
- [Wellness and Lifestyle](#)

 **National Library of Medicine**
Network of the National Library of Medicine

MedlinePlus-Disaster and Recovery Health Topics Page

[Home](#) → [Health Topics](#) → Disaster Preparation and Recovery

Disaster Preparation and Recovery

On this page

Basics <ul style="list-style-type: none">SummaryStart Here	Learn More <ul style="list-style-type: none">Related IssuesSpecifics	See, Play and Learn <ul style="list-style-type: none">Games
Research <ul style="list-style-type: none">Clinical TrialsJournal Articles	Resources <ul style="list-style-type: none">Find an Expert	For You <ul style="list-style-type: none">Older Adults

Summary

Preparing for a disaster can reduce the fear, anxiety and losses that disasters cause. A disaster can be a natural disaster, like a [hurricane](#), [tornado](#), [flood](#) or [earthquake](#). It might also be man-made, like a [bioterrorist attack](#) or [chemical spill](#). You should know the risks and danger signs of different types of disasters. You should also have a disaster plan. Be ready to evacuate your home, and know how to treat basic medical problems. Make sure you have the insurance you need, including special types, like flood insurance.

No matter what kind of disaster you experience, it causes [emotional distress](#). After a disaster, recovery can take time. Stay connected to your family and friends during this period.



Federal Emergency Management Agency

Start Here


- [Emergency Preparedness & Response](#) (Centers for Disease Control and Prevention)

Related Issues

- [Clean Hands Save Lives: Emergency Situations](#) (Centers for Disease Control and Prevention)
Also in Spanish
- [Clean Up Safely After a Natural Disaster](#) (Centers for Disease Control and Prevention)
- [Disaster Preparedness for Your Pet](#) (Centers for Disease Control and Prevention)
Also in Spanish
- [Emergency Disinfection of Drinking Water](#) (Environmental Protection Agency, Office of Water)
Also in Spanish
- [Home Use Devices: How to Prepare for and Handle Power Outages for Medical Devices That Require Electricity](#) (Food and Drug Administration) - PDF
- [Individuals with Access and Functional Needs](#) (Department of Homeland Security)
Also in Spanish
- [Keep Food and Water Safe After a Disaster or Power Outage](#) (Centers for Disease Control and Prevention)
Also in Spanish



Stay Connected

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Related Health Topics

- [Biodefense and Bioterrorism](#)
- [Chemical Emergencies](#)
- [Coping with Disasters](#)
- [Earthquakes](#)
- [First Aid](#)
- [Floods](#)
- [Heat Illness](#)
- [Hurricanes](#)
- [Post-Traumatic Stress Disorder](#)
- [Radiation Emergencies](#)
- [Tornadoes](#)
- [Tsunamis](#)
- [Volcanoes](#)
- [Wildfires](#)

MedlinePlus – Winter Weather Emergencies

[Home](#) → [Health Topics](#) → Winter Weather Emergencies

Winter Weather Emergencies

Summary

What kinds of problems can severe winter weather cause?

Winter storms can bring extreme cold, freezing rain, snow, ice, and high winds. Staying safe and warm can be a challenge. You may have to cope with problems such as

- Cold-related health problems, including [frostbite](#) and [hypothermia](#)
- Household fires and carbon monoxide poisoning from space heaters and fireplaces
- Unsafe driving conditions from icy roads
- Power failures and loss of communication
- [Floods](#) after the snow and ice melt

How can I prepare for a winter weather emergency?

If there is a winter storm coming, there are things you can do to try to keep yourself and your loved ones safe:

- Have a [disaster plan](#) which includes
 - Making sure that you have important phone numbers, including for your health care providers, pharmacy, and veterinarian
 - Having a communication plan for your family
 - Knowing how to get reliable information during the storm
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn



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newsletter

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Other Languages

Find [health information in languages other than English](#) on *Winter Weather Emergencies*

Information in other languages

[Home](#) → [Multiple Languages](#) → [All Health Topics](#) → [Winter Weather Emergencies](#)

Other topics A-Z

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [List of All Topics](#)

Winter Weather Emergencies - Multiple Languages



[Arabic \(العربية\)](#)

[Bosnian \(bosanski\)](#)

[Burmese \(myanma bhasa\)](#)

[Chinese, Simplified \(Mandarin dialect\) \(简体中文\)](#)

[French \(français\)](#)

[Modern Standard Arabic \(Arabic dialect\)
\(العربية النصحى, عربى فصيح\)](#)

[Nepali \(नेपाली\)](#)

[Russian \(Русский\)](#)

[Serbo-Croatian \(Srpskohrvatski /
Српскохрватски \)](#)

[Somali \(Af-Soomaali \)](#)

[Spanish \(español\)](#)

[Swahili \(Kiswahili\)](#)

[Vietnamese \(Tiếng Việt\)](#)

HealthReach resources will open in a new window.



Arabic (العربية)

- [Watches and Warnings - English PDF](#)
[Watches and Warnings - \(Arabic\) العربية PDF](#)
Healthy Roads Media
- [Winter Storms and Extreme Cold - English PDF](#)
[Winter Storms and Extreme Cold - \(Arabic\) العربية PDF](#)

Health Information Search Strategy

Google vs.
Google +
Source

“Topic” + NIH

Diabetes vs.
Diabetes NIH

What is Continuity of Operations?

“A predetermined set of instructions or procedures that describe how an organization’s mission-essential functions will be sustained within 12 hours and for up to 30 days as a result of a disaster event before returning to normal operations.” Acronym: COOP

Source: [NIST Computer Security Resource Center glossary](#)

One page continuity of operations plan

- Continuity Plan
- Emergency Response Coordinator duties
- Operations Contacts
- Communications Plan
- Resources Contacts
- Collections rescue priority
- Admin files
- Relocation strategy
- Selective list of response procedures

[Example](#)

[Template](#)

COOP Resources for libraries

- [In Case of Emergencies: Continuity of Operations \(COOP\) Planning](#) (National Library of Medicine)
- [Librarian's Disaster Planning and Community Resiliency Guidebook and Workbook](#) (NJ State Library)
- [Northeast Document Conservation Center](#) (24/7 Collections Emergency Hotline)



WINTER IS COMING...



BE READY.



Health Programming Resources

How has your library adjusted program offerings?



National Library of Medicine
Network of the National Library of Medicine

Public Libraries

[Getting Started](#)[Health Information](#)[Multicultural and Multilingual](#)[Substance Misuse](#)[Mental Health](#)[Health Programming](#)[Summer Reading](#)[Collections & Graphic Medicine](#)[Health Insurance](#)[Tools & Print Materials](#)

In this section:

- [Guides to Finding Good Health Information Online](#)
- [Health Information Resources](#)
- [Drug Information](#)
- [Research](#)

For questions, please contact:

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Chris Pryor
pryorc@missouri.edu

Last update: October 2020

Guides to Finding Good Health Information Online

- [Introduction to Health Literacy](#)
- [Find Good Health Information from MLA](#)
- [Evaluating Health Websites from NNLM](#)
- [Health and Medical Reference Guidelines from RUSA, ALA](#)

Health Information Resources

MedlinePlus

[MedlinePlus](#) is an online health information resource for patients and their families and friends. MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).

Drug Information

MedlinePlus: Drugs and Supplements

[Health Topic Page Drugs & Supplements](#) includes information about prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more. Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

Public Libraries & Summer Reading



© CSLP 2020

Health Programming for Summer Reading

The National Network of Libraries of Medicine has partnered with the [Collaborative Summer Library Program](#) to bring health programming to your library for Summer Reading!

Summer Reading 2020 - *Imagine Your Story!*

Check out the following health programs that compliment the summer reading theme for 2020!

- [Dental Health: A Visit from the Tooth Fairy](#)
- [Environmental Engagement: Into the Woods](#)
- [Fairytale Nutrition](#)
- [Graphic Medicine Book Club: Veterans' Stories](#)
- [Harry Potter's World](#)
- [Herbology in Harry Potter: Ginger, Peppermint, and Valerian](#)
- [Microbes Storytime: The Spread of Germs](#)

2020: *Imagine Your Story*

- 7 Health Program Plans

2021: *Tails and Tales*

- Coming Soon!
- Citizen Science and virtual engagement

Citizen Science Meets Summer Reading



All_{of}Us
RESEARCH PROGRAM

scistarter
Science we can do together.



**Globe at Night Q&A
with South Butler Library**

JULY 9 @ 2 PM ET:
Join us online. Register at
bit.ly/GlobeAtNightLibrary

PA FORWARD
scistarter
Science we can do together.

**South Butler
Community Library**
forward · discover · learn right

**All
of Us**
Pennsylvania

NNLM Reading Club





Book Selections and Health Resources: Mental Health

Mental Health Awareness Month

Mental Health Resources

Everything Here Is Beautiful

Gorilla and The Bird

Rx: A Graphic Memoir

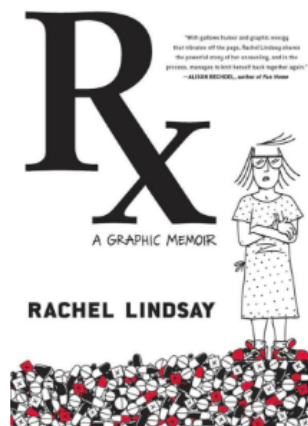
NNLM Reading Club Book Kit

Do you want to share this book with your reading club? NNLM has made it easy to download the discussion questions, promotional materials, and supporting health information from this page.

However, if you are short on time or resources, [apply](#) [®] for the free "program-in-a-box" NNLM Reading Club Book Kit which includes books as well as discussion questions and health topic materials.

Book

In her early twenties in New York City, diagnosed with bipolar disorder, Rachel Lindsay takes a job in advertising in order to secure healthcare coverage for her treatment. But work takes a strange turn when she suddenly finds herself on the other side of the curtain, developing ads for an antidepressant drug. Day after day, she sees her own suffering in the ads she helps to create, trapped in an endless cycle of treatment, insurance and medication. Overwhelmed by the stress of her professional life and the self-scrutiny it inspires, she begins to destabilize and finds herself hospitalized against her will. In the ward, stripped of the little control over her life she felt she had, she struggles in the midst of doctors, nurses, patients and endless rules to find a path out of the hospital and this cycle of treatment. This is the author's story of being treated for a mental illness as a commodity and the often unavoidable choice



Rx

A GRAPHIC MEMOIR

RACHEL LINDSAY

"With gallows humor and graphic energy that vibrates off the page, Rachel Lindsay shares the powerful story of her unraveling, and in the process, manages to knit herself back together again."

—ALISON BECHDEL, author of *Fun Home*



Rx



Rx: A Graphic Memoir by Rachel Lindsay Discussion Guide

These are a few sample questions can be used to spark discussion in your book club.

1. What do you think of the visual aspects of this book? How does the format of a graphic novel influence what is conveyed in this memoir?
2. Sections of the book discuss how people with mental health conditions are depicted in ads and media. What are some stereotypes from ads that you see reflected in real life marketing? How do these depictions influence the public view of mental health?
3. What aspects of your own life does the book remind you of? A particular event? Or a feeling? A person – like a friend, family member, co-worker, etc.? Can you point to specific passages/panels that struck you personally? Why?
4. If you've read other memoirs or stories about bipolar disorder (or mental illness in general), how does *Rx: A Graphic Memoir* compare to them?
5. Most of us have an idea of what therapy and recovery should look like. How does *Rx: A Graphic Memoir* challenge or reaffirm your personal image of what therapy, hospitalization, and mental health recovery is supposed to look like?
6. The book shows various interventions and attempts to help by Rachel's family and friends. What do you think of the intervention methods used by those closest to Rachel? What things do you find to be effective in supporting friends and family with mental illness?
7. When she receives a promotion at work, Rachel expresses a worry that people may realize that she has bipolar disorder. What are some factors (both stated and assumed) that feed into that fear?
8. How does Rachel's job at a pharmaceutical company affect how she views her own mental health?
9. What do you think the author's purpose was in writing this book? What ideas do you think she was she trying to get across? What factors do you think may influence the author's message and telling her own story?
10. In what ways did the book change your own opinion of how you view bipolar disorder (or mental illness in general)?

Extension activity

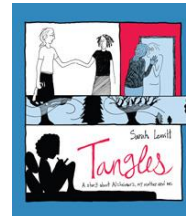
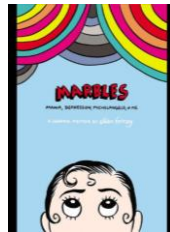
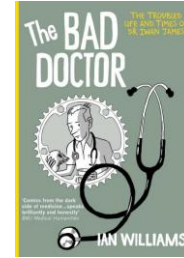
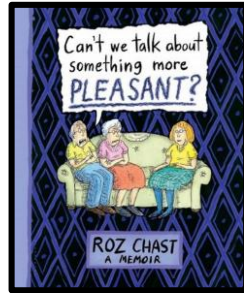
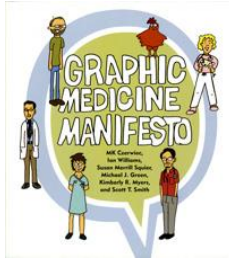
Your book club can tap into their creative abilities by creating their own graphic medicine comic book. Book clubs can utilize materials from the National Library of Medicine exhibit "[Graphic Medicine: Ill Conceived & Well Drawn](https://www.nlm.nih.gov/exhibition/graphicmedicine/)" (<https://www.nlm.nih.gov/exhibition/graphicmedicine/>) for additional information and activity plans. The [Comics Making Project](https://goo.gl/05aFm) (<https://goo.gl/05aFm>) provides an activity plan for people to have hands-on interaction with telling their own story in a comic format.

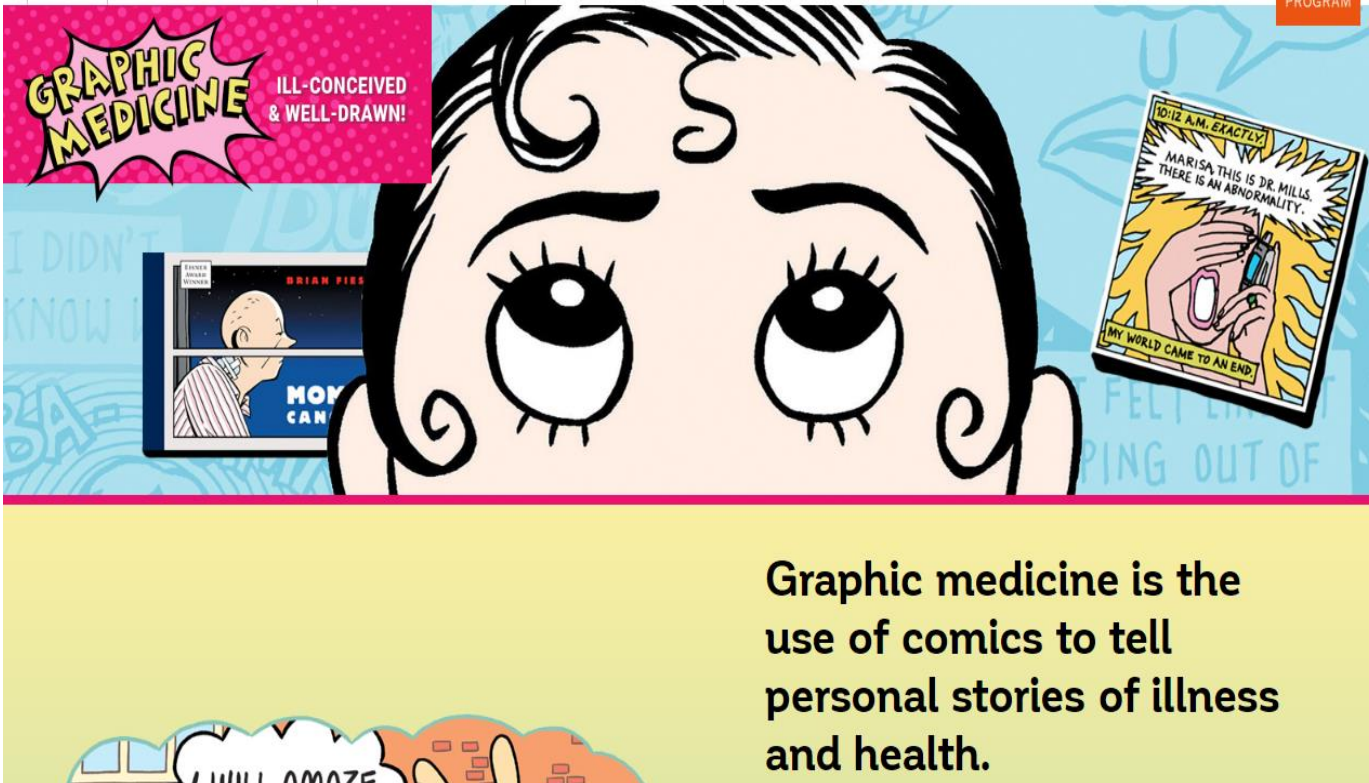
This discussion guide was created by the National Network of Libraries of Medicine and does not reflect the views or opinions of the author or publisher. Created Spring 2019.

What is Graphic Medicine?

“Graphic Medicine is the intersection of the medium of comics and the discourse of healthcare.”

Ian Williams, MD and cartoonist





GRAPHIC MEDICINE ILL-CONCEIVED & WELL-DRAWN!

10:12 A.M. EXACTLY.
MARISA: THIS IS DR. MILLS.
THERE IS AN ABNORMALITY.
MY WORLD CAME TO AN END.

Graphic medicine is the use of comics to tell personal stories of illness and health.

PROGRAMMING Librarian

A website of the American Library Association Public Programs Office

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Featured Items



National Poetry Month

in News

National Poetry Month celebrates poems and poets, with annual events taking place nationwide in April.



Bilingual Market Storytime

in Blog

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Storytime Online Resources

by Lindsey Krabbenhoft

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- Guide Library users independently to sensitive topics

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We understand. Look for any of these subjects by following the corresponding call numbers. These call numbers are not meant to be specific books, but directions to a subject area. They can be found in children's, teen's, and adult's nonfiction. Signage in the stacks can direct you to the right place and Library of Congress call numbers are shelved alphabetically and then numerically.

TOPIC	CALL NUMBER
Abuse/Incest	HV6570
Abusive Relationships	HV6626
Acne/Skincare	RL131
AIDS/HIV	RA643 / RC606
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- Carnegie Library of Pittsburgh
- Booklists linked to catalog on a variety of topics

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Questions and Thank You!

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**Network of the National Library of Medicine, Middle
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